

The P.A.U.S.E.

By Gaylynn Oyler

*Words and concepts to
meditate on, or pray,
over our horses and our time with them.*



P *Pause and Reflect:* peace, patience, perseverance, presence, gratitude, and thanksgiving

A *Attitude of:* calmness, awareness, love, joy, encouragement, gentleness, steadfastness/faithfulness

U *Understanding and Wisdom:* kindness, goodness, firm foundation, trustworthy

S *Safety:* physical safety, mental safety, emotional safety, boundaries, self-control: for me and my horse

E *Engagement and Energy:* the willingness to be in the moment, to watch and be aware, to be in a state of mind and heart that promotes safety, trust, and connection



Blessed



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A Prayer to pray over your horses and your time with them:

Lord,

I pause to thank You for all the beautiful things here today. This time with my horse, the sounds of the birds, the breeze on my face, the peace You give in this moment. The ability to "show up" and be present for myself and my horse. I am so grateful for all of these things, for Your provision for me and my horses.

I pray for my attitude today as I interact with my horse. I pray for patience, and the willingness to persevere when I don't understand, or when things don't go as I had hoped. I ask that I have an awareness of the gift and privilege that it is to have this horse, and this opportunity to be with him. I pray that love, joy, peace and patience would be with us as work together. Also, that gentleness and faithfulness towards each other would become a strong part of our bond.

I ask for understanding and wisdom in this time. As we work and play, Lord, I ask for insight and a willingness to be kind and gentle, as well as strong and dependable for my horse.

I pray today for safety. Physical safety, and also, mental and emotional safety. I ask that we can establish and maintain safe boundaries, using self-control and achieve a relaxation that comes from trust in each other. I pray this for me and my horse.

I want to ask for the ability to engage with my horse, using positive, loving, kind, trustworthy and fun energy that he understands, and which provides clarity for him. I ask that I be present, aware and attentive.

That I would be in a state of mind and heart that promotes safety, comfort, trust, and connection.

And lastly, Lord, I ask that You help me take these horse lessons and turn them into life lessons.

Help me to extend the same levels of love and patience to others, as I extend to my horses. Help me to relax, and tune in to those around me, growing me into who You want me to be. For Your honor and glory, I pray.

Amen



My dear friend, Gaylynn Oyler lives with her wonderful family & horses in Memphis, Tennessee. You will recognize her by the light she shines everywhere she goes.

If we are together you will here us laughing clear across the barn!



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